



# PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread Zika and other viruses.



## Night or day, be prepared

Mosquitoes that spread Zika are aggressive daytime biters. They can also bite at night. Other mosquitoes are active at dawn and dusk.



## Use insect repellent It works!

Look for these active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

*A few brand examples:*

- OFF! • Cutter • Repel • Sawyer
- Skin So Soft Bug Guard Plus
- Skin Smart



## Wear protective clothes

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin. Use insect repellent on exposed skin, but not under clothes.



## Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs in and near standing water.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

For more information: [www.cdc.gov/zika](http://www.cdc.gov/zika)